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I discovered a little book called Writing begins with the breath, by Laraine Herring, a few weeks ago and I decided

to buy it.I don't want to get too much into it because I'm sure a lot of this will surface in the coming months through my posts, but this book seems to be very special, and has appeared in a moment of my life where I seem to be attracting things and experiences that all ...

Writing begins with the breath. Her books include: Lost Fathers: How Women Can Heal from Adolescent Father Loss (Hazelden); Writing Begins with the Breath (Shambhala); The Writing Warrior (Shambhala): On Being Stuck: Tapping into the Creative Power of Writer's Block (Shambhala); and the novels Ghost Swamp Blues (White River

Press); Into the Garden of Gethesemane, Georgia (Concentrium); and Gathering Lights: A Novel of San Francisco (Concentrium). She directs the creative writing program at Yavapai College.

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